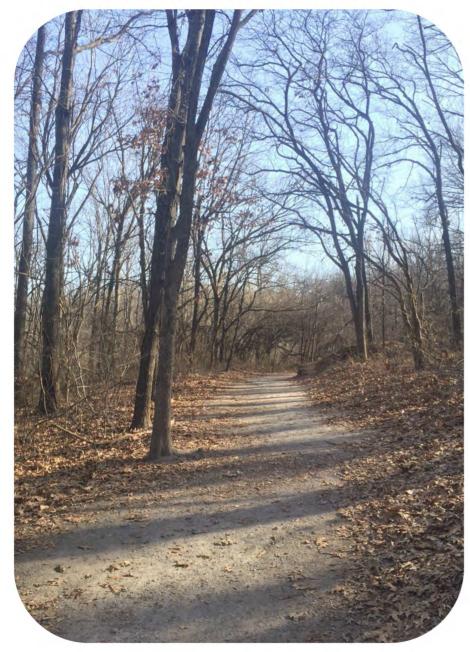
City of Broken Arrow Parks + Recreation

Safe



Friendly

Clean



Fun

2017 Spring Informer

CONTACT US



PARKS & RECREATION

Central Park Community Center

1500 South Main Street

Phone: (918) 259-8437

Nienhuis Park Community Center

3201 North 9th Street

Phone: (918) 259-6550

Ray Harral Nature Center

7101 South 3rd Street

Phone: (918) 615-6099

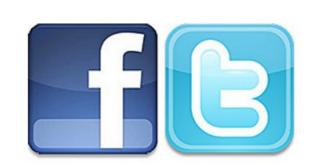
<u>City Holidays</u>

April 14th—Good Friday

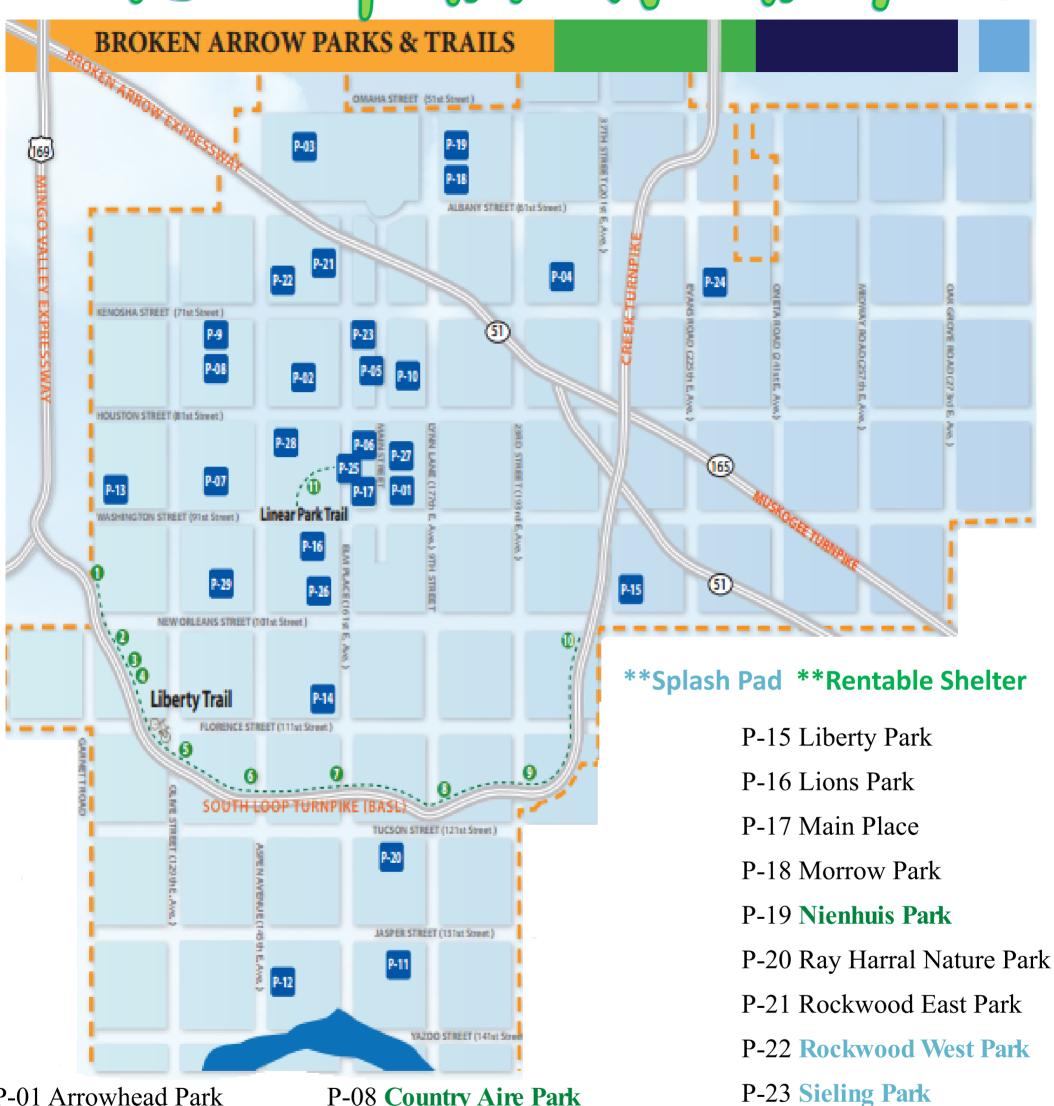
May 29th—Memorial Day

To keep updated on new events, classes, and pools like us on Facebook or follow us on Twitter.

@BAParksandRec



Park Near



P-01 Arrowhead Park

P-08 Country Aire Park

P-02 Aspen Creek Park

P-09 Country Aire Tot Lot

P-03 Battle Creek Pocket Park P-10 Haskell Park

P-04 Camino Villa Park

P-11 Indian Springs Mini Park

P-05 Centennial Park

P-12 Indian Springs Sports Complex

P-06 Central Park

P-13 Jackson Park

P-07 Copper Creek Park

P-14 Leisure Park

P-24 Timberbrook Park

P-25 Urbana Park

P-26 Vandever Park

P-27 Veteran's Park

P-28 Wedgewood Park

P-29 Wolf Creek Park



Central Park Community Center

Meeting Room Capacity 80

Fee: Residents—\$25/hr Non-Residents \$35/hr

Kitchen (Rental only with Meeting Room)

Fee: Residents—\$15/hr Non-Residents \$20/hr

Art Room Capacity 25

Fee: Residents—\$15/hr Non-Residents \$20/hr

Nienhuis Park Community Center

Meeting Room Capacity 80

With attached kitchenette

Fee: Residents—\$25/hr Non-Residents \$35/hr

Ray Harral Nature Center

Meeting Room Capacity 30

Fee: Residents-\$10/hr Non-Residents \$15/hr

Central Park

South Shelter

Near playground

Residents—\$30/day

Non-Residents \$45/day

North Shelter

Near Tennis Courts

Residents—\$30/day

Non-Residents \$45/day

Nienhuis Park

Red Roof Shelter

Near playground

Residents—\$30/day

Non-Residents \$45/day

Country Aire Park

East Shelter

Closest to street

Residents—\$30/day

Non-Residents \$45/day

West Shelter

Closest to restroom

Residents—\$30/day

Non-Residents \$45/day

Central Park Community Center:

Monday-Friday 7am-9pm, Saturdays 9am-1pm

Nienhuis Park Community Center:

Monday-Friday 11am-9pm, Saturdays 1pm-5pm

Ray Harral Nature Center:

Tuesday-Saturday10am-7pm

Closed Sundays and Holidays

Upcoming Events

Central Park Community Center



Pickleball Tournament

Mixed Doubles

\$35 Individual registration fee

Registration Deadline: March 24th

Includes T-shirt, lunch, and snacks

Advanced & Intermediate skill divisions

Double Elimination Brackets

Team check-in starts at 8am

Play starts at 9am

April 8, 2017
Central Park
Community Center
1500 S. Main Street
(918)259-8437

Broken Arrow Seniors 27th Annual Resource and Health Fair

April 21, 2017 at the Central Park Community Center

The event is designed to provide health information, free health screenings and access to the latest in products and information. This event is free and open to the public. Platinum sponsors include Heritage Point Assisted Living, Floral Haven, LIFE Senior Services, Tapestry at Woodland Hills, Bella Rose Senior Living, the City of Broken Arrow and the BA Rotary Club.

Broken Arrow Seniors anticipate 90 informational and screening booths, a drop off site for outdated prescription drugs, mobile health screening unit free screenings for visual acuity, hearing, glaucoma, blood pressure, blood sugar (diabetes) and bone density, hourly demonstrations of line dancing, Zumba and Tai Chi. American Document Shredding will be on site from 10 a.m. until 1 p.m. Lunch will be available. Approximately 800 attended this fair in 2016.



Bark Walk and Pet Fest April 29, 2017 at Central Park 10:00am—3:00pm

This fun-filled family fundraiser, now in its 8th year, will feature a 1 mile walk through the beautiful Central Park on Main Street in Broken Arrow.

There will be plenty of food, and fun for pets and their human companions.

All breeds are welcome! Can't come for the walk, come for the fest!



Special Events

Mom & Me Hike Ray Harral Nature Center May 6, 2017

The Mom & Me Hike is a fun way for Mom's to celebrate Mother's Day with their children. Attendees will be given a guided tour of the Ray Harral Nature Park that will enable them to explore the plant and animal life in the park. Refreshments and crafts will be provided to the participants.





Rooster Days
Central Park
May 11, 2017—May 14, 2017

Rooster Days is Oklahoma's oldest festival.

Founded on the 1930's, Rooster days is an annual Broken Arrow tradition- a family festival with carnival rides, live entertainment, a diverse vendor marketplace, delicious food and unforgettable memories.

Fitness



Zumba with Jenny

Central Park Community Center

Tuesdays & Thursdays 6:00pm—7:00pm

\$5 per class OR 8 passes for \$30

Beginners, active older adult, or not used to exercising. This class is fun and easy to do along with the music. Zumba combines high energy and motivating music with unique moves and combinations to dance away ones worries.



Nienhuis Park Community Center Mondays & Wednesdays 6:30pm-7:30pm

This <u>FREE</u> class is a Cardio Boot Camp that is done at each participants own pace.

Jumping jacks, high knees, burpees, fast feet, jogging, push-ups, sit ups, squats, lunges, etc. These exercises will work your lower and upper body as well as your core.





Dance2Fit BA

Central Park Community Center

Mondays & Wednesdays 6:00pm—7:00pm

\$5 per class

Come shake it with us, burn calories and make new friends in this energetic dance base workout class.

This class uses Hip Hop music to create a rewarding full body workout.

Adult Pickleball

Central Park Community Center
Mondays, Wednesday, and Fridays 10am—3pm

Pickleball is a paddle sport for all ages and skill levels. Combines elements of tennis, badminton and ping pong. Equipment available.



Walking and Fitness

Central Park Community Center Monday-Friday 7am-10am Nienhuis Park Community Center Monday-Friday 11am-2pm

The gyms are open to everyone of any age to walk, exercise or stretch whether its hot or cold outside.



Ladies AM Volleyball

Central Park Community Center Wednesdays 9:30am—12:00pm

16 years of age and older All skill levels welcome.

Sit B Fit

Nienhuis Park Community Center
Thursdays 11:15am—12:00pm
\$5 per month

This chair exercise class geared toward seniors and people with limited mobility.

We recommend checking with your doctor before starting any exercise program.





Roly Poly's

Nienhuis Park Community Center

Tuesdays 11:15am-12:00pm

\$35 per month

Ages 2.5—4 years old

This class encourages caregivers and children to interact with one another in a fun gymnastics based active environment. The instructor will guide caregivers in activities that encourage motor development, hand eye coordination, and much more.



Tykes Tumbling

Nienhuis Park Community Center

Wednesdays 5:45pm-6:30pm

\$35 per month

Ages 4-6 year olds

This class allows the 3-5 year olds to roll, tumble, and flip around. Tykes will work on developing coordination, balance, strength and flexibility while learning basic gymnastic skills!

Tumbling Gymnastics

Nienhuis Park Community Center

Monday 6:00pm—7:00pm

OR

Wednesdays 6:30pm—7:30pm

\$35 per month

Ages 6—11

Children will learn the basics like cartwheels as well as progressively work their way to more challenging benchmarks like back handsprings. This program will enhance endurance, strength, flexibility, self awareness, discipline and most of all, FUN.



Classes and Activities



Martial Arts

Nienhuis Park Community Center \$50 per month

Ages 6-12 Tuesdays 5:30pm-6:30pm Ages 6-12 Thursdays 5:30pm-6:30pm

Ages 13 & older Tuesdays 6:30pm-7:30pm Ages 13 & older Thursdays 6:30pm-7:30pm

Paddle Battle (Ping—Pong)

Double Elimination Tournament
Nienhuis Park Community Center
Thursday April 13th
\$5 Registration Fee
Play starts at 6:30PM





Homeschool PE

Central Park Community Center

Ages 6-16, \$30 per student.

January 10th—May 4th

Tuesdays and Thursdays 1pm-3pm

Registration is required.

Openings are limited.

Classes and Activities

Basic First Aid and CPR

\$45 per person for 2 year certification
This class is not for healthcare professionals

March 21st—Central Park April 29th—Nienhuis Park

March 28th—Nienhuis Park May 11th—Nienhuis Park

April 1st—Central Park May 23rd—Central Park

April 13th—Central Park May 27th—Nienhuis Park



Twist & Turn Musikgarten Music Class
Birth to 5 years old Tuesdays 9:30a-10:30a
Class starts March 21st

Fee \$80 for 8 classes

Three years and older will learn language skills and use their imaginations in fun new ways. Toddlers will be involved in a lot of movement during the class. Babies participate at their own level or parent's arms.

ADDITIONAL FEE - Payable to the instructor - \$32 for a CD, parent book and bean bag.

For more information, please contact the Instructor, Carol Ross at (918) 527-4939

Writing Emotion

April 8th at Nienhuis Park Community Center

2:30pm—4:30pm

\$25 registration fee required.

Learn to write emotions with more than mood descriptions.

Editing Workshop - http://jespiddlin.com/designingtheworldwithwords

Rec Room

Nienhuis Park Community Center

The rec room offers ping pong, foosball, pool, and shuffle board tables, as well as board games for the family to enjoy.



Remote Control Flying

Thursday's 9am-12pm Central Park Community Center

FREE. Use the gym to fly your RC planes and helicopters. Participants must provide their own planes.



Classes and Activities

Classes and Activities

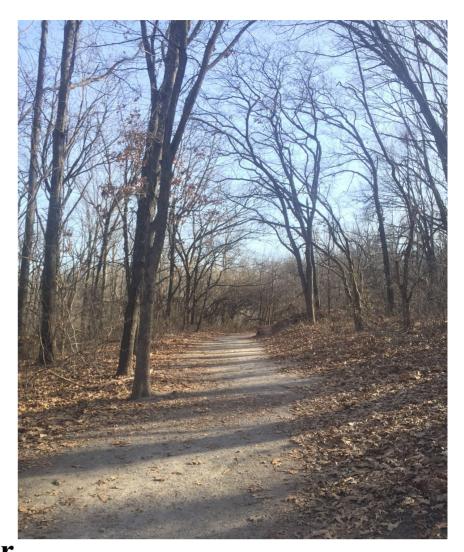
Community Classroom

Ray Harral Nature Center

6:00pm—7:00pm

The first Tuesday of each month those who are interested can gather at the Ray Harral Nature Center and enjoy a presentation from a professional in his/her related field.

Community Classroom is a **FREE** educational resource for citizens of all ages.



Twilight Hike Ray Harral Nature Center

March 14th & 16th 7:00—8:30pm

What are those spooky sounds coming from the woods?! Let's find out! Lantern Leaders gives kids a chance to explore the sounds of wilderness at night time. Together we will learn what creatures are waking up when the rest of the world is going to sleep. We will spend 30 minutes inside the classroom to study what we might find outside and then hit the walking trail! *Parents are encouraged to join*.



Junior Rangers Ray Harral Nature Center Tuesday or Thursdays 3:45—4:45pm

Boys and Girls Ages 5—8 or 9 –12 Pre-Registration is required. Deadline to register is March 17th.

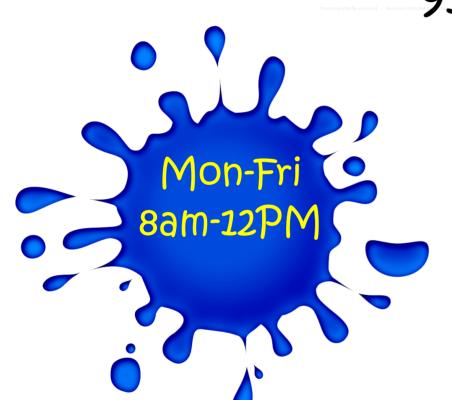
Consent form will need to be signed and on file prior to class. This 4 class program will help children develop an understanding of the surrounding environment and help strengthen a connection to nature. Whether it is exploring a natural spring, learning bird sounds or protecting nature; this class is bound to get your child outdoors.

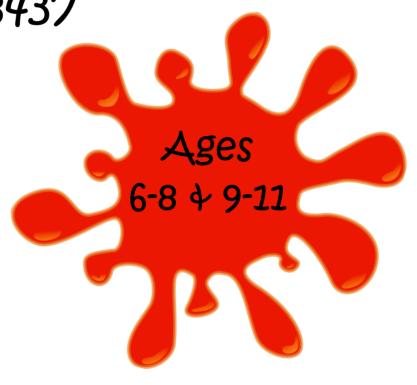
CITY OF BROKEN ARROW



Central Park Community Center 1500 S. Main Street Broken Arrow, OK







\$100 per session

Limited to 15 participants per age group

Classes and Activities

Click here to tell us about your experience in the park. Or go to:

https://www.surveymonkey.com/r/BAParksGeneral

Pool season opens Monday May 29th

Family Aquatic Center: Tuesday—Friday 1pm—6pm, Saturday 11am—7pm

CLOSED MONDAY

Country Aire: Monday, Wednesday, Thursday, Friday, Saturday 12pm—6pm CLOSED TUESDAY

Nienhuis Aquatic Facility: Monday, Tuesday, Thursday, Friday, Saturday 11am—7pm CLOSED WEDNESDAY

ALL POOLS OPEN SUNDAY 1pm—6pm

Swim Punch Passes go on sale Monday May 1st; available to BA Residents only

Food Handlers Permit Classes

Classes are held with the Tulsa County Health Department Central Park Community Center

11am-1pm, \$13 Cash (Exact change preferred)

Participants are to arrive 30 minutes before class starts, as seats are limited and it is on a first come first serve basis.

Class starts promptly at 11am; no one will be admitted once class has started.

Upcoming Class Dates:

March 10th, April 7th, and May 5th

Want to teach your own class?

Contact any Center Supervisor to find out how you can start earning money doing what you love today!

Central Park Community Center Supervisor (918) 259-8437

Nienhuis Park Community Center Supervisor (918) 259-6550